

Many people with burnout, depression, or unresolved trauma live by an invisible formula:

If I do this... then I am good enough.

If I achieve that... then I belong.

If I adapt... then I won't be rejected.

This is not weakness.

This is survival.

And survival once existed to protect you.

But what once protected you can later become a prison.

What is happening within you?

When you have been rejected, hurt, or unseen in the past, your system stores this.

Not only as memory,
but as **emotional memory**.

Your body reacts in the present as if the past is happening again.

You might recognize this:

- Someone looks at you critically you → immediately feel tension
- Someone doesn't respond → you feel rejected
- Conflict arises → you shut down or become angry

You are not only reacting to the present moment.

You are reacting to everything that moment activates within you.

This is not a character flaw.

It is a conditioned nervous system.

The Pavlov effect in daily life

Like a dog that, upon seeing a stick, recoils, tail tucked, stepping back cautiously, because it remembers the pain of being hit.

This happens automatically.

Without intention.

Without always understanding why.

The first step toward being is not changing.

The first step is noticing.

Exercise 1 – Recognizing your automatic responses

Think of a recent situation where you reacted strongly.
Write without judgment.

1. What happened?

2. What did I feel in my body?

3. What thought arose immediately?

4. Where do I recognize this feeling from in the past?

You do not need to solve anything. Only observe.

Sensation vs. Awareness

To truly grow, it is important to experience the difference between:

Sensation

Purely physical:

- I feel tension
- I feel cold
- My heart is beating faster
- My stomach tightens

*I noticed changes in my
breathing and tone of voice*

Focus: "Something is happening."